

College of Medicine, UK
and



SOUKYA[®]
FOUNDATION

Present

An International Conference

Global Health Futures

**Creating Integrated Solutions
to the Epidemic of Long-term Disease**

**13th - 15th NOVEMBER 2013,
BENGALURU, INDIA**

Supported by:

World Health Organisation

Ministry of Health, Government of India

Ministry of Health, Government of Karnataka

Department of AYUSH, Government of India & Karnataka

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**Welcome to this First International Conference of the
College of Medicine, UK in partnership with the
SOUKYA Foundation, Bengaluru**

This conference is about long term disease because this is the most pressing topic for all health systems worldwide. Modern conventional medicine cannot provide all the answers and needs all the support of an integrated approach. One that respects the patient - mind, body and spirit- and different healing traditions as well as the physical and social environment surrounding the patient with actual or potential long-term disease. Our conference will seek to find those practical integrated solutions that the world now so desperately needs.

This will be an event full of hope and ambition. Hope that our talented speakers and delegates will be able to formulate the necessary integrated solutions. Ambition that from those solutions we will be able to produce a "Bangalore Declaration" and launch an international initiative that will demonstrate examples of those solutions working in practice.

A very special thanks to all our sponsors and supporters without whom this conference would not have been possible. We would also like to thank all our distinguished speakers for giving their time and our guests for attending as delegates and contributing to the success of this conference.

Dr. Issac Mathai
Managing Trustee
SOUKYA Foundation

Dr. Michael Dixon
Chair
College of Medicine, UK

COLLEGE OF MEDICINE, UK

CREATING HEALTH TOGETHER

We are an independent UK charity dedicated to supporting patients and clinicians to create health for individuals and local communities

Our Vision

Our vision is to put health in the hands of the people and clinicians who care for them

Our Purpose

Our purpose is to inspire, educate and encourage the funders, providers and service users of health services to work together to create more health.

Our Beliefs

- We believe the only way we'll overcome illness and disease in the future is to co-create health
- We believe we should see health as a national resource, a valuable commodity and a source of progress and prosperity
- We believe we should think about health as a positive state we can create rather than just the absence of illness

Our Principles

- How we create health:
- Prevention and the long-term picture
- People rather than conditions
- The whole picture and making the connection between mind, body and spirit
- Open to any treatment or therapy that can be proven to help quality of life and health outcomes
- Equal partnership between health practitioners and patients

Our Mission

We work with health organizations, practitioners and patients to:

1. Foster a spirit of equal partnership in health creation
2. Champion health creation and health creators today
3. Share evidence and experience that inspires future health creation

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SOUKYA Foundation was started in 1993 by Dr Issac Mathai, the Founder and Medical Director of SOUKYA Holistic Health Centre, Bengaluru, with a vision of making Integrative Medicine accessible to the common man. The Foundation runs charitable and free clinics in various parts of the city and also maintains free or subsidized clinics in nearby villages.

SOUKYA Foundation Free Clinics:

- Holistic Homoeopathy Clinic, Christel House, Bangalore
- Holistic Homoeopathy Clinic, Shishu Mandir, Bangalore
- Holistic Homeopathy Clinic, Karnataka State Road Transport Corporation (KSRTC) Depot, Shanthi Nagar, Bangalore
- Holistic Homeopathy Clinic, Karnataka State Reserve Police (KSRP) Campus, Koramangala, Bangalore
- Holistic Homeopathy Clinic, Jadigenehalli Gram Panchayat, Hoskote Taluk

SOUKYA Foundation Charitable Clinics

- Holistic Homeopathy Clinic, Thippasandra, Bangalore
- Holistic Homeopathy Clinic, Bangalore Baptist Hospital, Bangalore
- Holistic Homeopathy Clinic, SAHAYA Holistic Integrative Hospital Pvt. Ltd, Jayanagar, Bangalore

SOUKYA Foundation has been recognized as a Centre of Excellence in Homeopathy for Respiratory Diseases by the Government of India, Ministry of Health & Family Welfare and Department of AYUSH.

Functions of the Centre of Excellence

- Patient care through Allergy and Asthma clinic and Sinusitis and COPD clinics.
- Free clinic from 2 pm to 6 pm for patients below poverty line.
- Continued medical education programs, seminars and workshops
- Research on Homoeopathic medicines for respiratory diseases.
- Documented auxiliary system which has provided successful results in respiratory diseases.
- Study in drug development in homoeopathy for respiratory diseases.
- Create public awareness about respiratory diseases, its treatment and prevention.
- State-of-the-art Respiratory laboratory facility.
- Well stocked library and an e-library.
- Free medical camps
- National Seminars on Respiratory Diseases.

'Dr Mathai's Rural Holistic Health Centre'. The Centre, established at the Government Primary Health Centre of Jadigenahalli Grama Panchayat, Hoskote Taluk provides integrated medical healthcare to seven villages through a host of programmes including School and Anganwadi health check ups, Preventive Medicine, Community Medicine, Yoga and much more. Supported by the Government of Karnataka and Department of AYUSH's AYUSH Grama Programme, it is being looked as a national model for replication by the WHO, Ministry of Health & Family Welfare, Government of India and Government of Karnataka.

SAHAYA Holistic Integrative Hospital Pvt. Ltd is a sister concern of SOUKYA International Holistic Health Centre. SOUKYA is India's first and SAHAYA is India's second NABH Accredited AYUSH Hospitals for Ayurveda, Homeopathy, Yoga and Naturopathy. SAHAYA is a 21-bed facility in the heart of Bengaluru city that offers integrative medical treatments at affordable prices to all sections of society.

GLOBAL HEALTH FUTURES

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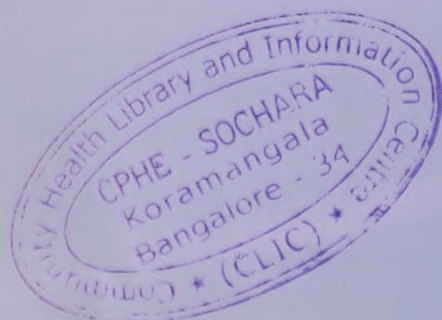
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'GLOBAL HEALTH FUTURES,
Creating integrated solutions to the epidemic of long-term disease'
13th-15th November,

13 November 2013, Day 1

	Morning Chair - Sir Graeme Catto	
09:00 - 09:20	Integrated Health and Care - Why does it matter & why have a conference about it ?	Dr Michael Dixon
09:20 - 09:50	Integrated Medicine - A question of science or belief?	Dr George Lewith
09:50 - 10:20	Integrated approaches to long term disease in the West - Australia as an example	Prof Kerry Phelps
10:20 - 10:50	Integrating approaches to long term disease in the East	Padma Shri Prof Ranjit Chaudhury
10:50 - 11:10	Discussion	
11:10 - 11:30	Tea/Coffee	
11:30 - 13:00	INAUGURAL CEREMONY National Anthem Welcome Address Lighting of Lamp Introductory Address VIDEO MESSAGE Dr Issac Mathai's Book Release Vote of Thanks National Anthem	Dr Issac Mathai Dr Michael Dixon THE PRINCE OF WALES Swami Sukhabodhananda Dr Sriprakash K S Prof Dean Ornish Sir Graeme Catto Dr R M Varma Prof Kerry Phelps by H.E. Dr. H R Bhardwaj, Governor of Karnataka Dr Harry Brunjes
13:00 - 14:00	Lunch	

Afternoon Chair - Dr Michael Dixon

14:00 - 14:30	Asset-based community development offers a global opportunity for health improvement	Dr Brain Fisher & Hazel Stuteley
14:30 - 15:00	Integrated approaches for musculoskeletal problems	Simon Fielding & Rosena Johnston
15:00 - 16:30	AYUSH - An introduction to Ayurvedic and other Eastern Traditions and Techniques - Session Chair - Dr R K Manchanda	
	The role of Ayurveda in contemporary medical milieu	Dr Gangadharan
	PanchaKosha - Integrated approach of Yoga therapy	Dr Nagendra H R
	The role of Unani in integrated medicine today	Dr M Mohammed Sayeed
	Global awareness and usage of Siddha Medicines	Dr Kumaravel A
	Scope of Integration of Naturopathy	Dr Babu Joseph
	Integrated Medicine and Homeopathy - The RLHIM Model	Dr Peter Fisher
16:30 - 17:00	Tea/Coffee	
17:00 - 17:30	Discovering and Delivering Novel Ayurvedic Formulation through Contemporary Science & Validation of Ayurvedic formulations - Preclinical to Clinicals	Dr Pralhad Patki
17:30 - 18:00	Thoughts from the day - Discussion	Sir Graeme Catto and Prof George Lewith
19:30 - 20:00	Contemporary Dance Performance	Attakkalari Centre for Movement Arts
20:00 - 20:15	Overview - Lifestyle changes may reverse aging	Prof Dean Ornish
20:15	PRIVATE DINNER BY INVITATION ONLY Evening speaker- Vice President, College of Medicine	Dr Harry Brunjes

14 November 2013, Day 2

	Morning Chair - Sir Graeme Catto	
08:45 - 09:00	Meditation	
09:00 - 09:45	Integrated Medicine - The new medical imperative	Prof Dean Ornish
09:45 - 10:15	The future treatment of long term disease in practice - where, how and by whom - Clinical lead for Long Term disease	Sir John Oldham
10:15 - 10:45	Panel discussion - Making the changes	Prof Dean Ornish and Sir John Oldham
10:45 - 11:15	Tea/Coffee	
11:15 - 11:45	Integration in Acute Care Hospital Settings : A Trojan Horse or a Gift Horse	Dr Elad Schiff
11:45 - 12:15	Integrating the best of Traditional Chinese Medicine with conventional healthcare	Prof. Justin Wu
12:15 - 12:45	Profile of heart diseases in INDIA Risk factors recent advances and the role of social health schemes	Dr C N Manjunath
13:00 - 14:00	Lunch	
	Afternoon Chair - Dr Michael Dixon	
14:00 - 14:30	Integrated approaches to women's health	Dr Michael Dooley
14:30 - 15:00	Maximising the benefit of self-care in chronic disease - lessons from the UK	Prof David Peters
15:00 - 15:30	Can East and West be bridged? Can they learn from each other? Can we develop a convincing story of what Universal integrated health and care looks like?	Prof Sian Griffiths
15:30 - 16:00	Developing a model for providing integrated care in Communities. Or, could integration be the current 'fool's gold'?	Prof David Colin-Thome
16:00 - 16:30	Tea/Coffee	
16:30 - 16:45	Creating the right healing environment for long term Disease - Video Presentation	Samueli Institute
16:45 - 17:45	Where Next ? Panel Discussion	Facilitated by Sir Graeme Catto. Panelist - Sir John Oldham, Prof Kerryn Phelps, Dr Elad Schiff, Prof Justin Wu & Dr K S S Bhatt
18:30	Seminar - Integration / Homeopathy - Venue : SOUKYA	

15 November 2013, Day 3

	Morning Chair Prof David Colin-Thome	
8:45 - 09:00	Meditation	
09:00 - 9:30	Integrating Mind, Body and Soul	Dr Kim Jobst
09:30 - 10:00	How can integrated approaches become more effective?	Dr Woodson Merrell
10:00 - 10:30	Creating a more healthy and sustainable physical environment - How do we do it and what are our respective roles?	Sir Jonathon Porritt
10:30 - 11:00	Tea/Coffee	
11:00 - 11:30	Systems Health - The Future of Medicine	Dr V A Shiva
11:30 - 12:00	Preventing Coronary Heart Disease - A Combined Approach	Dr Vijay Kakkar
12:00 - 12:30	Enabling communities to improve their resilience, their self-confidence and their health	Dr Cormac Russell
12:30 - 13:30	Lunch	
	Afternoon Chair Prof. Sian Griffiths	
13:30 - 14:00	Outlining the nature of asset-based community development and explore the evidence for its impact on health protection, responsive services and health inequalities	Dr Brian Fisher
14:00 - 14:30	Helping communities to take charge of their own health and become more resilient in the U.K.	Hazel Stuteley
14:30 - 15:00	Extending integrated solutions for the community	Suja Issac
15:00 - 15:30	How do we create healthy communities? Panel Discussion	Dr Brian Fisher, Sir Jonathon Porritt, Prof David Colin-Thome, Suja Issac and Hazel Stuteley
15:30 - 16:00	Review of Conference	Dr. Michael Dixon and Dr. George Lewith
16:00	Tea/Coffee /Delegates transport to SOUKYA	
18:00 - 19:00	Closing Ceremony	Nobel Laureate Archbishop Desmond Tutu, Shri. K. Siddaramaiah Hon'ble Chief Minister, Shri U T Khader Hon'ble of State Health & Family Welfare GOK, Shri Nilanjan Sanyal Secretary to GOI & Dept of AYUSH and other dignitaries
19:00	Classical Dance performance	Dr Mallika Sarabhai

Archbishop Emeritus Desmond Mpilo Tutu



Desmond Mpilo Tutu was born in Klerksdorp, South Africa on 7th October 1931. His father was a school teacher, his mother a domestic worker. Growing up in Klerksdorp, his childhood dream was to become a doctor. Unable to afford medical school he became a teacher. But when the South African government introduced an inferior education system for blacks, he joined the priesthood, fulfilling his passion for both healing and teaching. After three years as a high school teacher, in 1958 he entered the Anglican ministry. College, Johannesburg, and was ordained to the priesthood in

Johannesburg in 1961. Not long after his ordination, Tutu obtained his Bachelor of Divinity Honors and Master of Theology degrees from King's College, University of London, England.

From 1967 to 1978 he served in a number of increasingly prominent positions, from lecturer at the Federal Theological Seminary at Alice, South Africa and chaplain at the University of Fort Hare; to lecturer in the Department of Theology at the University of Botswana, Lesotho, and Swaziland; to an appointment as Associate Director of the Theological Education Fund of the World Council of Churches, in Kent, United Kingdom; to Dean of St. Mary's Cathedral, Johannesburg; and finally Bishop of Lesotho. By 1978, in the wake of the 1976 Soweto uprising, South Africa was in turmoil, and Bishop Tutu was persuaded to take up the post of General Secretary of the South African Council of Churches (SACC). It was in this position that he became both a national and international figure. Justice and reconciliation and an end to apartheid were the SACC's priorities, and as General Secretary, Bishop Tutu pursued these goals with vigor and commitment. Under his guidance, the SACC became an important institution in South African spiritual and political life, challenging white society and the government and affording assistance to the victims of apartheid.

Inevitably, Bishop Tutu became heavily embroiled in controversy as he spoke out against the injustices of the apartheid system. For several years he was denied a passport to travel abroad. He became a prominent leader in the crusade for justice and racial conciliation in South Africa. In 1984 he received a Nobel Peace Prize in recognition of his extraordinary contributions to that cause. In 1985 he was elected Bishop of Johannesburg.

In 1986 Bishop Tutu was elevated to Archbishop of Cape Town, and in this capacity he did much to bridge the chasm between black and white Anglicans in South Africa. And as Archbishop, Tutu became a principal mediator and conciliator in the transition to democracy in South Africa.

In 1995 President Nelson Mandela appointed him Chairman of the Truth and Reconciliation Commission, a body set up to probe gross human rights violations that occurred under apartheid.

In 1996, shortly after his retirement from office as Archbishop of Cape Town, Tutu was granted the honorary title of Archbishop Emeritus.

Archbishop Tutu has held several distinguished academic and world leadership posts. He was elected a Fellow of Kings College; President of the All Africa Conference of Churches, London; Chancellor of the University of the Western Cape, the William R. Cannon Professor of Theology at the Candler School of Theology, Emory University, Atlanta; Visiting Professor at the Episcopal Divinity School, Cambridge, Massachusetts; Visiting Scholar in Residence at the University of North Florida, Jacksonville; and Visiting Professor of Post-Conflict Studies at Kings College.

In recent years Tutu has turned his attention to a different cause: the campaign against HIV/AIDS. The Archbishop has made appearances around the globe to help raise awareness of the disease and its tragic consequences in human lives and suffering.

Archbishop Tutu holds honorary degrees from over one hundred and thirty universities, including Harvard, Oxford, Cambridge, Columbia, Yale, Emory, the Ruhr, Kent, Aberdeen, Sydney, Fribourg (Switzerland), Cape Town, Witwatersrand, and the University of South Africa.

He has received many prizes and awards in addition to the Nobel Peace Prize, most notably the Order for Meritorious Service Award (Gold) presented by President Mandela; the Archbishop of Canterbury's Award for Outstanding Service to the Anglican Communion; the Prix d'Athene (Onassis Foundation); the Family of Man Gold Medal Award; the Mexican Order of the Aztec Medal (Insignia Grade); the Martin Luther King Jr. Non-Violent Peace Prize; the Sydney Peace Prize and the Gandhi Peace Prize; the J. William Fulbright Prize for International Understanding in 2008 and recently, the 2009 Presidential Medal of Freedom, America's highest civilian honor awarded to individuals who have made significant contributions in various spheres of life.

Though his vigorous advocacy of social justice once rendered him a controversial figure, today Archbishop Tutu is regarded as an elder world statesman with a major role to play in reconciliation, and as a leading moral voice. He has become an icon of hope far beyond the Church and Southern Africa. Tutu is chairman of the Elders, an independent group of influential people chosen for their outstanding integrity, courage and proven ability to tackle some of the world's toughest problems. The Elders, because of their varied backgrounds, use their collective skills to catalyze peaceful resolutions to conflict areas and address global issues that cause immense human suffering.

His writings include *No Future Without Forgiveness*, *Crying into the Wilderness*; *Hope and Suffering*; *The Rainbow People of God*; *An African Prayer*; *The Essential Desmond Tutu*; *God Has a Dream* and

Dr. Babu Joseph



Dr. Babu Joseph graduated in Naturopathy and Yoga from the Gandhi Nature Cure College, Hyderabad, India, in 1976. He helped establish 'The Bethany Nature Cure and Yoga Hospital', Nalanchira, Trivandrum, Kerala in 1976 and worked there for three and a half years. Thereafter he started his own Hospital 'Nethaji Institute of Nature Cure and Yoga', Kakkanad, Kochi in 1979 and served there for a year. Later in 1981

, the first Government Nature Cure Hospital of India was started with him at Varkala, Trivandrum, Kerala and he worked there for 24 years. In 2005 he joined the National Institute of Naturopathy, Pune where he is currently the Director. He is also the Chief Editor of the monthly bilingual magazine 'NisargopacharVarta' in Hindi and English and Member of numerous Boards of Yoga and Naturopathy.

Abstract

Scope of Integration of Naturopathy in the epidemic of long-term diseases

The growing demand on Naturopathy combined with its wide acceptance and increasing usage by patients has led to an encouraging place of integrating this system into all other healthcare systems. Government and private healthcare systems include the Naturopathy modality as an integral part of their health policies. Naturopathy as a stand-alone system of medicine has proved to be rational and evidence based, practiced widely across the globe with sufficient scientific publications. The National Institute of Naturopathy has proven the benefits of an integrative approach even in the palliative care of HIV positive individuals. Lifestyle clinics in different modern hospitals, Health Spas, Wellness industry, Naturopathy extension counters in other hospitals and integration of Naturopathy in NRHM and similar other government schemes in India, prove beyond doubt the scope of integrating Naturopathy into mainstream medicine, especially in the management of long-term diseases. Naturopathy works both as a stand-alone system and also as an integrative tool in preparing the patient to make other systems more effective.

Brian Fisher MBE



Dr Brian Fisher has been a GP in SE London for 35 years and is currently a GP at Wellspark surgery. He has championed patient record access, now being the director of a company called PAERS Ltd that works with EMIS, the largest provider of GP software in the UK. He leads a DfID-funded project called HELP which offers community development

health for CCGs and Health and Well-Being Boards. He was until recently Chair of the Socialist Health Association.

Abstract

Asset-based Community Development

(Day 1)

Asset-based community development offers a global opportunity for health improvement. It is a well-established set of techniques that support communities to grow, flourish and gain more control over their own environment. By making links between people, the populations involved become more resilient and healthier. Dr. Fisher's talk will outline the opportunities of this approach and how it might fit into global work on both health and disease. He will introduce a seminal paper written specially for this conference that can be used as a basis for further work and research in the field.

(Day 3)

Outlining the nature of asset-based community development and explore the evidence for its impact on health protection, responsive services and health inequalities. He will take a global, evidence-based approach, critically exploring the benefits and risks of involving communities in their own health creation. It will be a journey through different countries' and communities' experiences. It will offer solid grounding in why and how community development can shift priorities and outcomes for

Dr. Cormac Russell



Dr. Cormac Russell is the Managing Director of Nurture Development, Director of Asset Based Community Development (ABCD) Europe and a Faculty Member of the ABCD Institute at Northwestern University, Chicago. He has trained communities, agencies, non-governmental organisations and governments in ABCD and other strength-based approaches in Kenya, Rwanda, Southern Sudan, South Africa, the United Kingdom, Ireland, Sweden, the Netherlands, Canada and

Australia. Dr. Russell invites us to revisit the roles of public services, citizens, and their relationships with each other. As well as being Director of ABCD Europe, Dr. Cormac is Managing Director of 'Nurture Development' and a Faculty Member of the ABCD Institute at Northwestern University, Chicago. He has trained communities, agencies, non-governmental organisations and governments in ABCD and other strength based approaches in Kenya, Southern Sudan, South Africa, the UK, Ireland, Canada and Australia.

Abstract

Enabling Communities to improve their resilience, their self-confidence and their health

The relationship between organisations that promote a health agenda and communities is changing and this change is going to require a fundamental shift in behaviour from both health professionals and residents in communities. In this stretching and refreshing presentation, Dr. Cormac, who is an expert in asset based community development and master practitioner, will give you the opportunity to look at three fundamental questions for creating sustainable and resilient communities:

- What can communities do about health that organisations cannot?
- What can organisations do about health that communities cannot?
- What can communities do with organisations about health that neither can do alone?

Dr. Cormac will demonstrate why he believes that the traditional customer segmentation and needs analysis approaches are the way of the past, and that assets and strengths are the future.

In this presentation Dr. Cormac will:

- Share with you the fundamental principles of asset based community development.
- Share practical tools and techniques that you can utilise in your own organisation/practices.
- Share his experiences of working across the world using asset based community development to grow communities in the most challenging of circumstances.
- Give you the opportunity to work through some of the challenges that you are currently facing and apply what you have heard

DAVID COLIN-THOMÉ OBE, M.B.B.S., FRCGP, FFPH, FFGDP (Honorary), FRCP, FQNI



Dr. David Colin-Thomé is an Independent Health Care Consultant from January 2011. He is an Honorary Visiting Professor of Health Policy and Management at Manchester Business School, Manchester University and of the Centre for Public Policy and Health, School of Health and Social Sciences, Durham University. He has been on many overseas advisory visits specialising in primary care development, long-term conditions and

For the UK (Primary Care Czar) from 2002–2010. Dr. David Colin-Thomé publishes regularly on primary care reform and health policy. He is currently involved with varied consultancies including support for Clinical Commissioning Groups, PCT, Staffordshire County Council and a Hospital Foundation Trust. He was awarded the OBE in 1997.

Abstract

Developing a model for providing integrated care in communities. Or could integration be the current 'fool's gold'

The NHS in the UK is a service not delivering sufficiently on value. The corporate received solution is integration! Yet unless integration can improve care at the individual patient and community level, it is yet another bureaucratic NHS fad that could lead to the biggest provider capture ever.

I advocate the concept of the 'Primary Care Home'. It is predicated on extending the vision and scope of the existing 'GP home'. It will be an integrated population based provider organisation to be formally commissioned as the accountable provider responsible for all the healthcare monies for their defined population. Accountable and financially responsible to deliver on the key 'design principles' essential to improve health and healthcare; integrate care, level up general practices, redesign care pathways, put in place targeted prevention programmes. Integrating for better value has to be developed organically and iteratively and will prove to be unsustainable if subject to the NHS disease of simple structural solutions. Working on the wider determinants of health with local government and community based providers will be best served by developing relationships underpinned by transparent accountabilitys and not by huge mergers.

David Peters, MB, ChB, DRCOG, DMSMed, MFHom, FRCOM



David Peters trained as a GP, a Musculoskeletal Physician and also a Homeopathic and Osteopathic Practitioner. For fifteen years he directed the complementary therapies development programme at Marylebone Health Centre and is one of the founding faculty of the University of Westminster's School of Life Sciences, where he is Clinical Director. He chaired the Advisory Group of the 'Prince of Wales' Foundation for Integrated Health' and was a

Trustee until 2006. Professor Peters is a Member of the Council and former Chair of the British Holistic Medical Association and Editor of its Journal. He has co-authored or edited five books about integrated healthcare

Abstract

Maximising the benefit of self-care in chronic disease - lessons from the UK?

As more people recover from acute disease and infections, chronic diseases are taking over. By 2020 they will be the primary cause of death and disability worldwide. Already, 60 per cent of adults in England report a chronic health problem, and 80 per cent of GP consultations are taken up by these individuals, who in turn, tend to need more prescriptions, use secondary care more heavily and require more medical procedures. Depression is a very common co-morbidity in this group. Yet some people with chronic health problems remain resilient and relatively self-reliant.

The cost of the NHS was doubling every ten years, but the post-austerity spending gap is now ever-widening, and the diabetes-obesity pandemic threatens to make all publicly funded healthcare systems unsustainable. This danger is driving us to do more with less, improve primary care, shrink hospitals, cut staffing levels and hand much routine responsibility to non-doctors, and of course, to patients themselves. However, the industrial model can fragment and alienate: practitioner wellbeing is becoming a growing issue, and burned-out staff cannot deliver good care, let alone, be models of self-care.

This paper asks how we might creatively challenge the biomedical model, foster individual and communal resilience and harness 'extreme self-care'.

Dean Ornish, MD



Dean Ornish, MD, is the Founder and President of the nonprofit 'Preventive Medicine Research Institute' in Sausalito, California and is Clinical Professor of Medicine at the University of California, San Francisco. Dr. Ornish received his medical training in internal medicine from the Baylor College of Medicine, Harvard Medical School, and the Massachusetts General Hospital. He received a BA in humanities summa cum laude from the University of Texas in Austin, where he gave the baccalaureate address. He has won numerous awards and is

the author of six best-selling books, including New York Times' bestsellers Dr. Dean Ornish's Program for Reversing Heart Disease; Eat More, Weigh Less; Love and Survival; and his most recent book, *The Spectrum*.

Dr. Ornish was appointed by President Clinton to the 'White House Commission on Complementary and Alternative Medicine Policy' and by President Obama to the 'White House Advisory Group on Prevention, Health Promotion and Integrative and Public Health'. He is a member of the Boards of Directors of the San Francisco Food Bank and the J. Craig Venter Institute. He established an integrative medicine clinic in the Saint Vincent de Paul homeless shelter in San Francisco, which will be replicated throughout the United States.

Abstract

We tend to think of advances in medicine as a new drug, laser, or surgical procedure, something high-tech and expensive. This presentation will discuss the power of comprehensive lifestyle changes, reviewing more than 30 years of research using high-tech, state-of-the-art measures to prove the power of low-tech, low-cost, and often ancient interventions. Also, the lecture will describe proven strategies for motivating people to make and maintain comprehensive lifestyle changes as well as how to personalize a way of eating and living based on an individual's needs, genes, and preferences. Finally, the presentation will describe many of the health policy implications of comprehensive lifestyle changes as both medically effective and cost effective.

Learning objectives:

- Participants will be able to understand successful strategies for motivating people to make and maintain comprehensive lifestyle changes.
- Participants will be able to describe the evidence from randomized controlled trials showing that chronic diseases such as coronary heart disease and prostate cancer may be stopped or even reversed by making comprehensive lifestyle changes.
- Participants will be able to describe evidence showing that comprehensive lifestyle changes may affect gene expression.

Dr. Elad Schiff



Dr. Elad Schiff began his medical studies in complementary medicine (touch therapies, hypnosis and acupuncture), and later on studied conventional medicine. Following his residency in Internal Medicine, Dr. Schiff completed a two-year fellowship in Integrative Medicine, at Dr. Weil's program at the University of Arizona. He is currently the Director of Internal Medicine, and CAM services at Bnai-Zion Medical Center, Haifa, Israel, and the Department of CAM, Ethics and Law, at The International Center for Health, Law and

Ethics, Haifa University. Dr. Schiff is Clinical Assistant Professor at the Faculty of Medicine, The Technion-Israel Institute of Technology, Haifa, Israel. He is involved in CAM regulation, in Israel and the US, and has conducted numerous studies in CAM, which were published in esteemed medical journals.

Abstract

Integration in Acute Care Hospital Settings: A Trojan Horse and a Gift Horse at the Fortress of Biomedicine

The use of complementary and alternative medicine (CAM), a group of diverse medical and health care practices, is increasing steadily in the Western world. Interest in CAM grows proportionally with the chronicity of illness and its burden on life. In recent years, there has been a growing interest in providing CAM in community settings. However, the provision of CAM for hospitalized patients has been reported mostly in the context of clinical trials, whereas the integration of CAM as an actual service for the care of hospitalized patients has been seldom reported in medical literature. Hospitalization has an enormous physiological, psychological, and spiritual impact on patients. We believe that offering CAM to hospitalized patients has practical benefits, and also addresses ethical principles of patient autonomy, beneficence, non-maleficence, and respect for medical pluralism. This belief motivated us to establish a CAM service within a public academic hospital in Israel in 2010. The service is provided in the Pediatric Surgery, Cardiology, Post-Anesthesia Care, and General Surgery departments.

In the presentation I will discuss the challenges of different models for in-hospital CAM provision, and the importance of such services for public health. I will also report outcomes of our service including its impact on medical staff burnout.

Prof. G. G. Gangadharan, PhD



Dr. G. G. Gangadharan is currently the Medical Director of the Institute of Ayurveda and Integrative Medicine, Bangalore. An expert Ayurveda Physician, he has dedicated himself to the propagation of the knowledge and use of Ayurveda and local health traditions at the grass root level in rural areas of India.

He did his seven and a half year long Ayurvedacharya course from Madras University, India in 1985. He obtained his PhD from Tilak Ayurveda

Mahavidyalaya, Pune in 2013 and is currently pursuing an International Masters programme in Health Leadership from McGill University, Canada. India. He started his career with Arya Vaidya Pharmacy, Coimbatore. He served as an editor of several peer reviewed journals, prominent among which are Ancient Science of Life and Journal of Ayurveda and Integrative Medicine. He has co-authored four books on medicinal plants, has 20 research papers to his credit and is a regular Consultant for CAPART, DST (Govt. of India) on Medicinal Plant related projects.

Abstract

The role of Ayurveda in contemporary medical milieu

This presentation tries to identify Ayurveda's place in the contemporary medical milieu and reflects on the following:

- One of the world's oldest and richest, Indian Systems of Medicine it is accessible to every Indian household because it relies largely upon locally available herbs/ drugs and eco-system specific food resources. There exists around a million traditional village based carriers of indigenous medical knowledge in the form of traditional birth attendants, bonesetters, herbal healers, wandering monks and myriad other women and other elders who are repositories of traditional knowledge. This knowledge is deeply rooted in local cultures and remains un-documented till date.
- Proponents of Ayurveda with great pride declare that everything animate and inanimate is potentially medicinal.
- In traditional thinking Science is construed at three levels
 - Tatvam (Philosophy)
 - Shastram (Theory)
 - Vyavahara (Application)

What we are currently learning and practicing is only at the level of vyavaharam. Ayurveda is a science of the 21st century. Many new findings, which are said to be groundbreaking in modern medicine, have in fact already been explained through a different paradigm in Ayurveda like Doshaprakruti vis-à-vis Pharmacogenomics, Ama vis-à-vis Metabolomics, Rasayana vis-à-vis Epigenomics etc. The need of the hour is to build a bridge between the two strains one reductionist, the other holistic; one functional, the other structural

George Lewith, MA DM FRCP MRCGP



A qualified Physician and General Practitioner, Prof. George Lewith has conducted research within primary care and complementary medicine for the last 30 years. Prof. Lewith works at the University of Southampton where he leads an internationally respected Integrated Medicine research group. He has combined his scientific interests, including over 300 peer reviewed papers and a series of substantial grants from various charities and the major UK medical

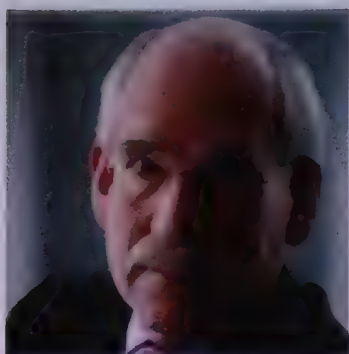
research funding bodies (MRC, Wellcome and NIHR), with a busy clinical practice over the last 35 years. His research is focused on differentiating the specific from the non-specific effects of treatment and placebo and developing models that will help to explain the patient perceived benefits of a variety of complementary medical interventions.

Abstract

Integrated Medicine A question of Science or Belief

This talk will explore what integrated medicine actually is and how it is perceived in the rest of the world. It will also trace the development of evidence-based medicine and the evolution of integrated medicine in its current cultural environments both East and West. The talk will also explore what evidence actually means and then suggest what lessons we might learn from the UK experience of integrating CAM and conventional medicine and how these lessons might be taken forward.

Sir Graeme Catto, MD DSc FRCP FMedSci FRSE



Graeme Catto is President of the College of Medicine and Chairman of Dignity in Dying. A former President of the General Medical Council, he was Vice Principal at King's College London, Dean of the Guy's, King's College and St Thomas' Hospitals' Medical and Dental School and Pro Vice-Chancellor of the University of London.

After graduating in Medicine with honours from the University of Aberdeen, he obtained a Harkness Fellowship from the Commonwealth Fund of New York to study at Harvard University. He was a Physician with an interest in Renal Medicine and has published widely.

Formerly Chief Scientist at the Scottish Health Department, Dean and Vice Principal at the University of Aberdeen, he is currently Emeritus Professor of Medicine at the University of Aberdeen.

Dr Harry Brünjes Bsc MBBS DRCOG FEWI



Harry Brünjes initially graduated from London University and then qualified in medicine at Guy's Hospital. This was followed by positions as a hospital doctor, general practitioner, senior partner and police surgeon prior to his own practice in Harley Street.

In 1995 Harry started Premier Medical and in 2005, after ten years as Chief Executive officer, became Chairman of the Premier Medical Group. In 2010 Premier Medical was acquired by Capita. Harry remains as Chairman of PMG and was also appointed Group Medical Director of Capita. In 2010 Harry was elected Vice-President of the College of Medicine. He is also a Fellow of the Royal Society of Medicine.

Harry is Governor and Fellow of the Expert Witness Institute. Other roles are Chairman of Lancing College and Fellow of the Woodard Corporation. He is a Council member of Southwark Cathedral Development Trust and a Board Director of the English National Opera at The London Coliseum. Outside medicine Harry enjoys all sport, in particular golf, soccer and cricket. Harry has a lifelong interest in music and theatre. For several years he played piano professionally, including television and theatre, he is also a regular writer, broadcaster and lecturer.

Hazel Stuteley, O.B.E., R.G.N., R.H.V.



Hazel Stuteley qualified as a health visitor in 1972 following registered nursing training at King's College Hospital, London. She is a founder member of the Health Complexity Group, a multi-disciplinary team, who use insights from complexity science to understand the barriers and drivers to transformation change. Her current role is with the NHS Southwest as Strategic Lead for Community Engagement. She has an Honorary Fellowship with the Peninsula

Medical School and is a member of the Deputy Prime Minister's National Panel of Neighbourhood Renewal Advisers. Hazel was awarded an O.B.E. in the 2001 Queen's New Year Honours list for services to the Community in Falmouth.

Abstract

From 'Isolation to Transformation with C2' - Community Centred Medicine. Communities taking charge of their own health, the UK experience.

'C2', short for Connecting Communities, is an evidence-based programme with a consistent 15 year track record of transforming the health status of disadvantaged communities across the UK. Designed by a Community Nurse and a GP, C2 uses insights from complexity science as the theoretical lens through which to view, understand and deliver this approach. C2 is based on compelling biological evidence that lacking control over one's immediate environment, coupled with poor social networks, causes damaging health behaviours leading to chronic illness. Our experience is that this is entirely preventable and treatable.

C2 works by delivering a lasting culture shift and an enabling environment at strategic, community and frontline service delivery levels. The focus is on collaborative, integrated, health creation to harness the collective power of residents working as equals with Police, Education and Local Authority services. The end result is self-managing, stronger and healthier communities. This is achieved within 12-18 months using the C2 7-Step Framework to create new relationships embedding the values of trust, humility, compassion and respect from 'high level to street level'.

Dr. Issac Mathai Nooranal, M.D. (Hom.), M.R.C.H.(Lond.)



Dr. Issac Mathai is a specialist Holistic Physician who hails from a family having a tradition of homeopathic practice for more than five decades. Since his graduation he has been incorporating yoga therapy and Ayurveda in his practice. He has a patient network of more than 10000 people in over 60 countries.

His father, the late Fr. Nooranal Mathai was a prominent priest in the Indian Orthodox Christian Church and his mother Dr. Annamma Mathai is a dedicated Homeopathic Physician who worked in the remote tribal area of Kerala for more than 55 years.

In January 2003 Dr. Mathai started **SOUKYA - International Holistic Health Centre**, which is the first of its kind - a fully residential Integrated Medical Facility on a 30 acre organic farm on the outskirts of Bangalore city where different systems of medicine like Ayurveda, Naturopathy, Homeopathy and Yoga therapy are practiced under one roof with specialized patient specific nutrition prepared.

Dr. Mathai is also a visiting consultant in London, NY and Washington DC

He writes for several magazines and his column appears regularly in Good Housekeeping. He is also on the board of advisors for "**Men's Health**" and "**Prevention**". His two new books '**Dr.Mathai's Holistic Health Guide for Women**' and '**Holistic Healing**' will be released at the 'Global Health Futures' conference.

Sir John Oldham



Sir John Oldham qualified at Manchester Medical School in 1978 and worked in various teaching hospitals, culminating as a GP trainee in inner city Manchester. He joined Manor House Surgery, Glossop in 1983, and became senior partner in 1988. In 1992, he gained an MBA with Distinction from Manchester Business School. He was asked to create and head the 'National Primary Care Development Team' in February 2000. The Primary Care

Collaborative was the largest improvement programme in the world covering 32 million patients in 40 months. He has written a couple of books and numerous articles, was Visiting Professor at Vanderbilt University, Tennessee and is now National Clinical Lead for Quality and Productivity at the Department of Health and a Member of the National Quality Board. In 2000, he received the OBE for services to patients and in 2003 was awarded a knighthood for services to the NHS.

Abstract

The future treatment of long-term disease in practice where, how and by whom Clinical lead for long-term disease

The major driver of cost and activity in healthcare systems in the industrialised world are people with multiple long-term conditions. These numbers will rise 25 per cent by 2050. Our fragmented care systems guarantee that no healthcare system is sustainable if it doesn't change. Evidenced responses in the care model and financial flows, and results, will be discussed. The central tenet means focussing on whole people, and importing learning from emerging countries about the use of technology.

Sir Jonathon Porritt



Sir Jonathon Porritt is Co-Founder, Chairman and Programme Director of 'Forum for the Future' and Chairman of the 'UK Sustainable Development Commission.' He is an eminent writer, broadcaster and commentator on sustainable development. In addition, he has been a member of the 'Board of the South West Regional Development Agency' since December 1999, and is

Co-Director of 'The Prince of Wales's Business and Environment Programme', which runs Senior Executives' Seminars in Cambridge, Salzburg, South Africa and the USA. Jonathon received a CBE in January 2000 for services to environmental protection.

Abstract

Creating A More Healthy Physical Environment How Do We Do It?

It's simple really: anything that makes for a more sustainable physical environment will simultaneously be promoting a healthier environment for the individual, for communities, and for society as a whole. All environmental externalities have a negative impact on human health, in varying degrees; reducing those negative externalities translates directly into health benefits, and eventually, into reduced healthcare costs. The sums of money involved are mind-boggling, even in richer countries, poor air quality still imposes huge burdens on the taxpayer. We've known all this for decades. But a still dominant "growth-at-all-costs" mindset means that these health/environmental externalities are only rarely properly evaluated, let alone intelligently factored into policy-making processes.

In that regard, it's all about revaluation of both cost and benefits and it's instructive to review compelling examples of better policy making informed by a more holistic appraisal of cost benefits. Beyond that, the growth-at-all-costs mindset must be strenuously challenged at every opportunity, and healthcare professionals must engage both at the local level to proactively promote "health creating communities" and with education to help shape healthier lifestyles through schools and colleges. The test of a good healthcare system is the degree to which healthcare professionals engage with everyone else outside that system!

Professor Justin C.Y. WU

MBChB, MD, FRCP (Edin, Lond), AGAF



Prof. Wu is a Gastroenterologist. His research interests are Gastroesophageal Reflux Disease and Functional Gastrointestinal Disorder with over 150 peer-reviewed publications, including first-authored publications in top-ranked journals such as *Gastroenterology* and *Gut*. He is currently the International Associate Editor of *American Journal of Gastroenterology*, and Managing Editor of *Journal of Gastroenterology and Hepatology*. He is also the Scientific Chairman of Asian Neurogastroenterology and Motility Association (ANMA),

Steering Committee Member of International Working Group for the Classification of Oesophagitis (IWGCO) and Fellow of American Gastroenterological Association. Prof. Wu is the principal investigator of several major projects of traditional Chinese medical treatment of Functional Gastrointestinal Disorders and is the founding director of the newly established Institute of Integrative Medicine of CUHK. He was awarded a number of honors in recognition of his contribution to medical education. A devoted teacher, Prof. Wu is pioneering Asia's first "Global Physician-Leadership Stream" with enhanced medical leadership and research training as well as built-in graduate studies in the MBChB programme.

Abstract

Integrating the best of Traditional Chinese Medicine (TCM) with conventional healthcare

Traditional Chinese Medicine has established a distinct system to strive for balance and harmony between the environment, spiritual, mental and physical well-being through an individualized holistic approach. The integration of TCM into conventional healthcare systems aims to synergize the strengths and compensate the shortcomings of conventional Western medicine.

For the development of integrative care in Hong Kong, we target common diseases with the following characteristics: (1) lack of effective treatment, (2) treatment with poorly tolerated side effects, low safety profile and high price and (3) well accepted and commonly practiced TCM treatment available. We have started pilot integrative care programmes on post-stroke rehabilitation, osteoporotic fractures, chronic musculoskeletal pain and metabolic syndrome. We also address specific issues such as herb drug interaction, clinical governance, quality assurance, and communication between Western and TCM practitioners through collaboration with various experts through a multidisciplinary approach.

Prof. Kerry Phelp AM, MBBS (Sydney), FRACGP, FAMA



Prof. Kerry Phelp is one of Australia's best-known doctors and public health and human rights advocates. A general practitioner for over thirty years she is a pioneer in the fields of health communication and integrative medicine in Australia. In 2000 Prof. Phelp was elected as the first female President of the Australian Medical Association, a post she held for the maximum term of three years. She has appeared in the media for over 25 years, bringing messages about healthy lifestyle to the attention of the public. A popular health

columnist for the Australian Women's Weekly for twenty-two years, she also writes regular medico-political commentary for the 'Medical Observer' newspaper and is the health columnist for 'The Australian' newspaper. Prof. Phelp is an Adjunct Professor at Sydney Medical School and a Conjoint Professor at the University of New South Wales Medical Faculty. From 2009-2012 she was President of the Australasian Integrative Medicine Association. In 2003 she was awarded the Centenary of Federation Medal for services to Medicine and Australian society. In June 2011, she was named a Member of the Order of Australia for her wide-ranging service to medicine. She is the author of "General Practice: The Integrative Approach, and "Ultimate Wellness: The 3-Step Plan"

Abstract

An overview of integrated healthcare in Australia, a vision of what it could look like in the future and messages on how clinicians, educational institutions and health systems will need to adapt in the name of sustainability and whole person/whole community approaches.

In Australia, we are in the process of redefining our concept of "mainstream medicine" as a result of changing patient expectations, a health system under pressure to deliver highest quality outcomes, a shift of political philosophy towards prevention and multidisciplinary team care, and the effects of globalisation. This has brought with it a conservative backlash, which has attempted to eliminate some healthcare disciplines from universities, access to private health insurance rebates and even research funding.

There will be a focus on current and future integrated approaches to the prevention and management of long-term disease in Australia in terms of system-wide features and also in terms of improving the health and resilience of individuals. The session will also address what patients, consumers, practitioners and critics think of integrated approaches and their impact on long-term disease compared with conventional approaches both in terms of outcomes but also in terms of actual and potential cost savings on conventional health service resources. The presentation concludes with a discussion of what the Australian health system needs to do to prepare for the future burden of chronic disease.

Dr. Kim A. Jobst, MA. DM. MRCP, MF Hom.



Dr. Kim Jobst is a Consultant Physician with specialist accreditation in General Internal Medicine and in Neurodegenerative Diseases and Dementia. He also has Specialist Training as a Medical Homoeopath, has completed a Jungian Training Analysis, as well as, training in Acupuncture and Traditional Chinese Medicine. Author and co-author of over 150 scientific papers and several book chapters, Dr. Jobst studied medicine at Oxford University and at

St. Thomas's Hospital Medical School in London. He is Visiting Professor in 'Healthcare and Integrated Medicine' at Oxford Brookes University, Editor-in-Chief of the peer reviewed, scientific 'Journal of Alternative and Complementary Medicine: Research on Paradigm, Practice and Policy', and he was a Founding Member of the Council of The Prince's Foundation for Integrated Health.

Abstract

Integrating Mind, Body and Soul

I believe that we are part of a remarkable healthcare Revolution. At the root of this evolving (r)evolution is Meaning: Meaning at individual, community, national, and global levels. Although controversial, my experience is that Disease is in fact a Manifestation of Health. Understanding this facilitates an acceleration in the essential transformation required to address the endemic diseases of meaning of our time. These diseases of meaning extend way beyond individual and community health, to embrace social, industrial and political situations which 'threaten' our economic and social infrastructure, but even more than that, are part of a much bigger cosmic drama, of which each one of us is an integral part. It is in discovering what it means to integrate 'Mind, Body and Soul' that we are able to embody our birthright as human beings. Healthcare is in our time, arguably more than anything else, the vehicle that can enable deep and lasting transformation to take place within any human being. Working with these perspectives has totally transformed my practice and that of many others. Today we will share some of that journey so that together we will find inspiration by bringing some of these seemingly disparate elements together, deepening our own unique enquiry and furthering our own unique mission and purpose. Whatever is happening in our lives right now has meaning - my mission is to explore that with you and in so doing to nurture, grow and transform it with you.

Prof. Dr. A Kumaravel - B.A. Siddha B.I.M. Siddha M.D.(S)

Prof. Kumaravel began his career as a Jr. Research officer at CCRIMH Tanjore and went on to he work as Lecturer, and Professor GSMC Palayamkottai when he also did short services in Siddha Hospitals. He was Principal Sri Sairam Siddha Medical College (2001-2008)and Vice-Principal and Hospital SuperintendentSanthigiri Siddha Medical College (2008-2010). He has attended and presented papers at numerous conferences and organized

hundreds of Medical Camps and health oriented programmes. Prof. Kumaravel has 35 years of teaching experience in Siddha and is currently interested in Siddha research for Global use.

Abstract

Global awareness and usage of Siddha Medicines

This paper is presented with the intention of increasing Global awareness in the use of Siddha Medicines for a healthy body and mind. The Siddha system of medicine contains the concept of the fundamental principles of Panchaboothams (Five basic Elements); has unique diagnostic methods such as EnvagaiThervu (Eight tools of for diagnosis); unique systems of urine testing Neerkuri-Neikuri; Manikkadainool (measurement of wrist circumference); formulations of high order of preparations such as Kattu-Kalangu-Gurukuligai-Chunnam-Muppu; Lifestyle management and procedures to be adhered to prevent diseases; important therapeutic approaches such as Varmam treatment, Thokkanam treatment, Odivumurivu treatment and Kayakarpam.

Dr. C. N. Manjunath, MBBS, MD - General Medicine, DM Cardiology



Dr. Manjunath is the innovator and international authority on Mitra Valvuloplasty Balloon/Catheter, which is known worldwide as the Manjunath Technique. He has the distinction of training doctors from America, U.K, China and France on Balloon Valvuloplasties at Sri Jayadeva Institute of Cardiology Bangalore. He has performed more than 15,000 interventions including Coronary and Non-Coronary cases and has successfully implemented high

Quality cardiac care at an affordable cost across the state. As President of the Cardiological Society of India, Bangalore Chapter he has established a poor patient fund at Sri Jayadeva Institute of Cardiology for the benefit of patients undergoing Heart surgeries. Under his guidance, Jayadeva Institute has afforded free Angioplasty, Open Heart Surgery, artificial Heart Valves donations and Permanent Pacemaker surgeries for thousands of patients.

Abstract

Profile of heart diseases in INDIA Risk factors recent advances and role of social health schemes

There is paradigm shift towards non-communicable disease in the last two decades with cardiovascular disease alone accounting for 25 percent of deaths. Even the relatively younger to middle age population is becoming more vulnerable. This epidemic needs an aggressive preventive strategy apart from curative facilities. The need of the hour is providing cost effective quality treatment. One also needs to address basic issues such as malnutrition, pollution and access to safe drinking water.

Dr Michael Dixon OBE, MBBS, DRCOG, FRCGP



Michael Dixon graduated in Psychology and Philosophy at Oxford University before studying Medicine at Guy's Hospital. Since 1984 he has been a general practitioner at College Surgery in Cullompton, Devon. Since the early 1990's, he has been a leader of the GP/clinical commissioning movement with its aim of allowing frontline clinicians a far greater role in improving local services and health. He co-founded one of the first 'Locality Commissioning Groups' in

Mid Devon in 1993 and served on the National Executive of the 'National Association of GPs' before becoming the first Chair of its successor organisation, 'The NHS Alliance' in 1998 and continues to date in this role. Dr. Dixon is the first President of NHS Clinical Commissioners created to represent CCGs bringing together the commissioning "arms" of NHS Alliance, NHS Confederation and the National Association of Primary Care.

Dr. Dixon is Visiting Professor to the University of Westminster (School of Life Sciences) and University College, London; an Honorary Senior Fellow in Public Policy at HSMC (University of Birmingham) and Honorary Senior Lecturer in Integrated Health at the Peninsula Medical School. A regular writer and broadcaster, he is President of the Health Writers Guild and in 2010 was elected Chair of the College of Medicine, UK.

Abstract

Healthcare systems around the world are becoming financially unsustainable and require a new paradigm if we are to cope with the epidemic of long-term disease. Integrated approaches offer that new paradigm, centering treatment on the patient and respecting his/her culture and history, while offering a wide range of treatment options. They also focus on self-care, enabling individuals to improve their own health and supporting the development of health creating communities. There is an urgent need to describe how these integrated approaches might look in practice linking the perspective of the frontline clinicians to those developing national health policy. The expertise assembled at this conference should enable us to do just that.

Dr Michael Dooley, MM, FFSRH, FRCOG



Michael Dooley is a Consultant Obstetrician and Gynaecologist at Dorset County Hospital. His special interest is Reproductive Endocrinology with particular expertise in infertility, menopause, premenstrual syndrome and sports gynaecology. He has attended two Olympic Games as the British Team Doctor.

He is author of *Fit for Fertility* and co-authored *Your Change, Your Choice*. Dr. Dooley established The Poundbury Clinics as centres of excellence providing an integrated approach to women's health and is an NHS Consultant Gynaecologist and a Fellow of the Royal College of Obstetricians and Gynaecologists. He qualified from the University of London and then gained clinical and research experience working in London, Oxford and Southern Ireland.

Abstract

Throughout the life of women there are many natural events that can be changed in a positive and negative way by lifestyle. These include puberty, menstruation, fertility and the menopause. Equally lifestyle changes can improve pathological events including pelvic pain, pre-menstrual syndrome and infertility. Throughout this session we will develop this concept and look at how an integrated approach towards women's health will provide complete care. Infertility will be discussed in detail. One in six couples have the problem of infertility and using an integrated approach will help many achieve their goal often by simple changes. The use of a comprehensive diagnostic programme is essential and must not be forgotten. We have developed a five-stage self-help programme that will be discussed. The introduction of assisted fertility techniques may be required and how these should be used will also be discussed. At the end of the session you will come away with a basic understanding of the role of an integrated health system for women.

Dr M Mohammed Sayeed BUMS, MD (Unani)



Dr. Sayeed has been in private practice for almost five years. He worked as a government Physician for four years before joining the Government Unani Medical College, Bangalore where he has worked as Assistant Professor in the Department of Medicine for the last 13 years. He has written articles in the media and is interested in research into the theories and practices of Unani Medicine.

Abstract

The role of Unani in integrated medicine today

Chronic diseases have become a major health problem worldwide and is matter of great concern globally. Approaching this with just a single system of medicine is insufficient and needs to be tackled with an integrated approaches looking at the positive advantages from different healthcare systems. This presentation highlights how best the Unani system of medicine can contribute towards the management of chronic diseases and focusing on different regimental applications along with a brief look at preventive aspects of Unani.

Dr HR Nagendra



B.E. (Mech. Engg.), M.E. (Mech. Engg.), Ph.D. (Mech. Engg.), Faculty member, Department of Mechanical Engg, Indian Institute of science, Bangalore 1970: Post-Doctoral Research Fellow, University of British Columbia, Canada. 1970-71: Post-Doctoral Research Associate, NASA Marshall Space Flight Center, USA. 1971-72: Consultant, Engineering Science Laboratory, Harvard University, USA. 1972: Visiting Staff, Imperial College of Science and Technology, London. 1975: Joined Vivekananda Kendra, a service mission, in 1975 as whole time worker. Director of Training Center, Vivekanandapuram,

Vivekananda Kendra, Kanyakumari. 1975-93: All India Secretary, Yoga Shiksha Vibhag, Vivekananda Kendra, Kanyakumari. 1979-86: Secretary, Vivekananda Kendra Yoga Therapy & Research Committee (VK YOGAS). 1986-99: Secretary, Vivekananda Kendra Yoga Research Foundation, Bangalore and Director, Indian Yoga Institute, Prashanti Kuteeram. 1993-99: All India vice-president Vivekananda Kendra, Kanyakumari. 2000-02: President (S-VYASA) Swami Vivekananda Yoga Research Foundation, Bangalore. 2002- : Vice-Chancellor (S-VYASA) Swami Vivekananda Yoga Research Foundation, Bangalore. Dr. Nagendra's work has won him widespread recognition and numerous awards.

Abstract

PancaKosha model for functional integration of different systems of health care

The five layered existence of human systems postulated in the Upanishads has been at the base of the Integrated Approach of Yoga Therapy (IAYT) combining the theory and practices of Yoga. The basis is to deal with human systems as having five layers -panchakosha - which provides a strong scientific basis for this much needed functional integration. The initial results over the last two years have been highly rewarding with faster and better results and benefits to patients.

This paper presents the challenges and possible remedies using:

- Modern medical system for immediate relief
- IAYT for helping in their continuance of the practices when they return home
- Ayurveda panchakarma etc., for bringing balance in the tridoshas, rejuvenation and long term benefits
- Naturopathy for cleaning morbid matter and to reduce the imbalances between the five Mahabhutas which are causing the diseases
- Physio-therapy for releasing the stiffnesses and stresses at the superficial muscular and joint levels giving quick relief for the patients and
- Acupuncture to set right the pranic imbalances providing immediate pain relief
- Homoeopathy to correct the personality distortion using medicines of vital value (not added systematically to all) used for such integration

Dr. Peter Fisher



Peter Fisher is Clinical Director and Director of Research at the Royal London Hospital for Integrated Medicine (RLHIM), part of the University College London Hospitals NHS Foundation Trust and Europe's largest public sector centre for integrated medicine. He is also Physician to Her Majesty Queen Elizabeth II. He is a member of the World Health Organization's 'Expert Advisory Panel on Traditional and Complementary Medicine' and is currently involved in drafting its Traditional and Complementary Medicine Strategy for 2014-2023.

Dr. Fisher is a member of the Expert Reference panel of the UK National Institute of Health and Care Excellence (NICE) and Editor-in-Chief of the international journal *Homeopathy* published by Elsevier, the leading journal in the field.

Dr. Fisher is an active clinician, accredited in Homeopathy and Rheumatology. His research work centres on responding to the problems of healthcare, including 'effectiveness gaps', multi-morbidity and polypharmacy, by integrating the best of traditional and complementary medicine.

Abstract

Integrated Medicine and Homeopathy: The Royal London Hospital for Integrated Medicine model

The Royal London Hospital for Integrated Medicine (RLHIM) is part of 'University College London Hospitals NHS Foundation Trust', a large academic medical centre in central London. Until 2010 it was known as the Royal London Homoeopathic Hospital. Integrated Medicine supports health and healing, using all appropriate therapeutic approaches. Patients are active participants and self-healing processes are encouraged. Integrated Medicine responds to the pandemic of chronic disease, multi-morbidity and polypharmacy facing health services worldwide and offers creative, non-drug solutions to many pressing issues in health care.

With a few exceptions, clinical services at the RLHIM are based around diagnoses or groups of patients rather than therapies. Clinical services include: Allergy, Children's, Chronic Fatigue Syndrome, Chronic Pain, Musculoskeletal Medicine, Insomnia, Rheumatology, Skin, Stress and Mood disorder, Weight loss, Women's. These services offer Homeopathy and a range of other therapies supported by a comprehensive pharmacy service.

Patient satisfaction with our services is high, but provision of Integrated Medicine, particularly Homeopathy, in the UK National Health Service is controversial. Our ability to provide it hinges on contractual arrangements with health care commissioners. Patient-centredness, responsiveness to need, a range of therapies, in-depth integration, including multi-dimensional integration and several models of care and cost-effectiveness are central to the service.

Dr. Pralhad Patki, M.D



Pralhad Patki heads the pre-clinical and clinical research at Himalaya Drug Company at Bangalore. He is a postgraduate in Pharmacology and teaching Clinical Pharmacology is a passion with him. Earlier, he has taught Clinical Pharmacology at B. J. Medical College Pune for 21 years. He has served as Medical Services Head at Serum Institute, Plethico Pharmaceuticals, Raptakos Bret, and Macleods. His research interest include Nephrology, Hepatology and Cardiology. He is the author and coauthor of more than 82 publications.

Abstract

Validation of Ayurvedic formulations-Preclinical to Clinicals.

Scientific validation is necessary to establish safety and efficacy of Ayurveda based formulations. Cell line studies, safety studies based on GLP requirements and pre-clinical pharmacological studies will form a base to progress to clinical studies. Products developed at The Himalaya Drug Company (THDC) follow this approach judiciously. Clinical studies are initiated at ethically recognised clinical centres as per Ayush guidelines. Investigator brochures are provided to the trialists to obtain Review board permission to initiate clinical studies in a phase manner. Most of the studies are double blind randomised ones with statistically addressed numbers of subjects or patients. Some of the interesting studies (many which are published in peer-reviewed journals) have addressed clinical problems like Hepatitis B, non-alcoholic steatohepatitis, benign enlargement of prostate, ulcerative colitis and urolithiasis. Pharmacovigilance and meta-analysis of clinical studies form the final part of the validation exercise to establish the safety and efficacy of THDC's products.

Discovering and Delivering Novel Ayurvedic Formulation through Contemporary Science

Applying modern scientific methods to discover and develop novel Ayurvedic formulations has been the hallmark of The Himalaya Drug Company (THDC)'s R&D. Our discovery and development process flows from herb analysis (Identification of beneficial herbs from Ayurvedic texts, authentication of the raw herbs, extraction methodologies, phytochemical marker analysis, regulatory analysis, etc.,) to understanding the biological properties of the herbs (cell and molecular biology studies) to formulation (and stability studies) and finally to clinical studies (safety and efficacy). This continuum is supported by scientists from a wide range of backgrounds (Ayurvedic physicians, botanists, phytochemists, formulators, clinical scientists, statisticians etc.,). In this talk, I will briefly highlight steps in this continuum which provides the framework for THDC's approach towards developing Ayurvedic formulations leveraging contemporary science.

Ranjit Roy Chaudhary, MBBS, MD (Pharmacology), D.Phil.



Padma Shri Professor (Dr) Ranjit Roy Chaudhary is a leading Clinical Pharmacologist, Medical Educationist and Researcher. He graduated from the Prince of Wales Medical College, Patna in 1954 and was awarded the D. Phil degree of Oxford University in 1958. He was the first Indian doctor to be awarded the Rhodes scholarship.

Prof. Chaudhury is a Member of the Central Ethics Committee of the ICMR and the Governing Bodies of the Postgraduate Institute of Medical Education and Research, Chandigarh; Population Foundation of India, Delhi; Indraprastha Institute of Information Technology, Delhi and the Foundation for Revitalization of Local Health Traditions, Bangalore. He is also the UNESCO Professor in the Rational Use of Drugs at Chulalongkorn University, Bangkok and Chairman of the Task Force for Research at the Apollo Hospitals. Closely connected with the WHO Regional Office, New Delhi Prof. Chaudhury is also the National Professor of Pharmacology of the National Academy of Medical Sciences. Currently he is Chairman Task Force for Research of Apollo Hospitals Educational and Research Foundation (AHERF).

Abstract

Integrated Health Care in India: Explorations for Sustainability

The paper will present the policy discourse as well as examples of research and clinical practice in India that relate to integration of the various medical systems available in the country. The first section deals briefly with various policy approaches and debates on the integration of health knowledge systems since the time of India's independence and its planned development of health services in the country up to the present times. Analysing policy documents, it relates them to the history of institutionalisation of the other systems of health knowledge and the attempts at integration. The second section dwells on the specific strengths of each system and examples of pharmaceutical research and clinical practice that reflect synergy across systems of medicine in concrete form. These initiatives have been undertaken by official bodies of the Government of India as well as by private enterprise. The paper draws lessons from these examples for future development. Finally, the last section sets out a path for building a sustainable healthcare system with integration as its cornerstone.

Rosena Johnston- Chartered Physiotherapist



After training as a Chartered Physiotherapist in 1994, Rosena completed her Masters Degree in Sports Injury and Therapy. For ten years she worked with some of UK's elite sportsmen and women (both able bodied and disabled) and fulfilled an ambition to treat active servicemen and women in Germany. The greatest highlight was her appointment as part of the UK Athletics medical team for 2000 Paralympic Games in Sydney.

Rosena entered Private Practice dividing her time between several renowned clinics in London. During this period she trained in the Sarah Key method which centres on the back and spine. This unique concept reduces treatment sessions through education and understanding reverting control back to the patients. As a result, she practices a patient-centred approach to back pain and is often the person who supports a motivated client when they want to avoid surgical intervention. Rosena has been a faculty member of the College of Medicine since its launch three years ago, she is moving her practice to Singapore in 2014.

Abstract (Joint Session with Dr. Simon Fielding)

This workshop combines the knowledge and expertise of two experienced practitioners in the field of musculoskeletal healthcare coming together to discuss their thoughts on an integrated approach to tackling back pain. They will also challenge the view that much of the pain and dysfunction associated with 'Chronic Spinal Disc Degeneration' is irreversible. There will also be a practical demonstration of exercises that can facilitate better spinal health.

Dr. VA Shiva Ayyadurai PH.D.



VA Shiva Ayyadurai, Ph.D., the inventor of email, is a world-renowned Systems Biologist, Inventor and Author, who holds four degrees from MIT across the fields of Media, Engineering and Biology. He is a Fulbright Scholar, Lemelson-MIT Awards Finalist, Westinghouse Science Honors Award recipient and the first Outstanding Scientist/Technologist of Indian Origin. In 1978, at the age of 14, he invented email, the electronic version of the

interoffice email system. In 1993, he invented EchoMail, after winning a White House competition for automatic analysis of President Clinton's email. In 2003, he invented CytoSolve, an in silico platform for mathematically modeling the whole cell. As an educator, he created Systems Health a curriculum that bridges Eastern and Western systems of medicine, and teaches Systems Visualization at MIT. He is on the Board of several companies and is the founder of Innovation Corps, a not-for-profit of the International Center for Integrative Systems, which aims to inspire youth innovation.

Abstract

Systems Health The Future of Medicine

Is there a scientific basis to ancient systems of medicine such as Siddha, Ayurveda and Traditional Chinese Medicine? For many years, Eastern and Western systems of medicine have lived in separate worlds. In this talk, Dr. VA Shiva, a Western trained Systems Biologist from MIT, who was also trained in Siddha at an early age by his grandmother, in a small village in Tamil Nadu, provides the scientific foundation of Eastern systems of medicine. His breakthrough research is based on his lifelong research in Western Engineering Systems Theory that provides the scientific bridge to appreciate the power of ancient systems of medicine. He argues that the ancient Eastern sages were fundamentally Systems Scientists. He has incorporated this work into a new approach to medicine called 'Systems Health', which is now being offered by leading medical schools and holistic centres in the United States.

Professor Sian M. Griffiths, OBE, JP
MA, MB BChir, MSc, FFPH (UK), FRCP (Lond),
FRCP (Edin), FDSRCS (Eng), Hon FRSPH, Hon DSc,
FHKCCM, FHKAM (Community Medicine), Hon FHKCCM, HonFFPH



Professor Griffiths has been working in the Faculty of Medicine at the Chinese University of Hong Kong since 2005 when she was invited to develop public health in the post SARS period. She was the Director of the School of Public Health and Primary Care between 2005-13, is currently the Director of the Centre for Global Health at CUHK and is Senior Adviser on International development to the Vice Chancellor.

Trained as a doctor, Prof. Griffiths practiced as a service based public health Physician at the local, regional and national level in the UK before moving to her current academic post. She has advised the HKSAR government on primary care and other policies. Her roles enable her to promote education, research and practice in public health not only within Hong Kong but across a global network. Prof. Griffiths' current research interests include primary care, Autism Spectrum Conditions and control of Non-Communicable Disease.

Abstract

Can East and West be bridged? Can they learn from each other? Can we develop a convincing story of what universal integrated health and care looks like?

This presentation will address four questions, drawing on our work in Hong Kong and Asia:

(i) Can East and West be bridged?

Drawing on the literature as well as WHO global policy statements, refined with WIPRO statements about integrating care, and illustrated by examples from China, this question will be discussed from perspectives of policy makers, professionals, patients and the public

(ii) Can they learn from each other?

Examples of transference of modalities between systems will help to construct a framework for Discussion of this question

(iii) Can we develop a convincing story?

We will review a range of perspectives on integrating the different paradigms of care with reference to Evidence Based Medicine in TCAM

(iv) What does integrated care look like? Will be illustrated with patient narratives

Simon Fielding, OBE, DO, FRSM

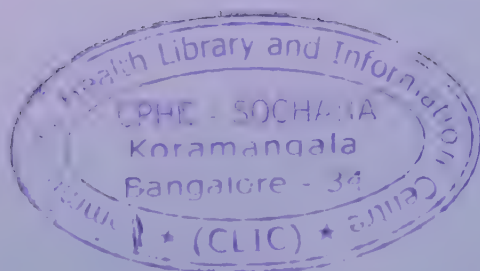


Simon Fielding qualified as an Osteopath in the UK 25 years ago and was appointed Chairman of the Statutory General Osteopathic Council in 1996. He is currently a Trustee of the College of Medicine, UK. He is also a Trustee/Director of 'The Council for Anthroposophical Health and Social Care', which he Chairs, 'The Osteopathic Education Foundation', 'The World Osteopathic Health Organisation', 'The Global Health Matrix' and 'The International Osteopathic Alliance'. Simon was appointed an Officer of the

British Empire in 1996. Currently Simon coordinates a biomedical research project in the Cardiac and Oncology fields at a number of Universities in the USA.

Abstract

This workshop combines the knowledge and expertise of two experienced practitioners in the field of musculoskeletal healthcare coming together to discuss their thoughts on an integrated approach to tackling back pain. They will also challenge the view that much of the pain and dysfunction associated with 'Chronic Spinal Disc Degeneration' is irreversible. There will also be a practical demonstration of exercises that can facilitate better spinal health.



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Suja Issac, M.Sc., M.Phil. (Foods & Nutrition)



Suja Issac did her M.Sc. and M.Phil. in Foods and Nutrition at the Women's Christian College, Chennai. Her M.Sc. and M.Phil. dissertation work, which was conducted at the Madras Medical College and the Kilpauk Medical College, Chennai, were awarded the 'Best Thesis Award' from the University of Madras. She was a Lecturer, both at the Women's Christian College, Chennai and Mount Carmel College, Bengaluru. She attended the 'Management Programme for Women Entrepreneurs' at the Indian Institute of Management, Bangalore.

Suja Issac, along with her husband, Dr. Issac Mathai have co-founded various ventures. She is the Trustee of the SOUKYA Foundation which was started in 1996 which extends medical treatment and helps enable the community to be self-sufficient. She started the Holistic Wellness Clinic in 1998, a non-residential holistic integrative medical facility, which was the pilot project for SOUKYA. She is the Co-Founder and Executive Director of SOUKYA International Holistic Health Centre at Whitefield, Bengaluru, which was started in 2002. She is also the Managing Director of SAHAYA Holistic Integrative Medical Centre which was started in 2009 in Bengaluru, which offers holistic treatment to all sectors of society, including free for the underprivileged. Since 2011, a unit of SAHAYA is running an Integrative Medical Department within a western medical hospital.

Abstract

Extending integrated solutions for rural health

We have been actively involved in community health for over 17 years. Various outreach programmes have included extending integrated health solutions to 14 villages till date. Healthcare is being provided in schools for the orphans, underprivileged, destitute children and for their parents and teachers. Outreach programmes also serve the employees in the Public sector – police, civil defence, emergency services, transport and aeronautics. Free medical camps and geriatric care is also provided for the communities at large.

Our research programmes include finding the most effective protocol for the management of asthma and allergies, in collaboration with the Chest Research Foundation at Cipla. Another ongoing research aims at integrating homeopathic treatments in a de-addiction programme, jointly with NIMHANS (National Institute of Mental Health & Neuro Sciences).

We were also involved with the Tsunami emergency relief work by providing homeopathic medicines, water and financial aid towards re-building homes.

Apart from the above free initiatives, we also run Charitable Clinics to provide quality consultations and treatments in the city.

Emeritus Professor Vijay Kakkar, MBBS, FRCS, FRCSE, DSc, OBE



Vijay Kakkar is Emeritus Professor at the University of London, Founder-President of the 'Thrombosis Research Institute', London and Founder-Chairman of the 'Thrombosis Research Institute', Bangalore. He has been the recipient of a number of distinctions and awards including a Hunterian Professorship from the Royal College of Surgeons. The Gunnar Bayer Memorial Lecture, the David Patey prize of the Surgical Society of Great Britain and Ireland, Visiting Professor of Harvard University, James Finlayson Memorial Lecture, Cross Memorial Lecture, Wright-Schultz award from the

International Society of Thrombosis and Haemostasis for original and outstanding contribution in Thrombosis Research. The Freyer Memorial Lecture, Hon. Fellowships of the Academy of Medicine in Singapore and the Association of Surgeons of India, a Lifetime achievement award from the International Union of Angiology for outstanding leadership in the investigation of Thrombotic disorders and an annual award for medicine from the Guild of British Asians for outstanding contribution by Asian doctors to British medicine. He was Founder President of the British Society of Haemostasis and Thrombosis and Founder President of the South Asian Society of Atherosclerosis and Thrombosis. On his retirement from the University in 1997, he was awarded the title of Emeritus Professor of the University of London. His publications include over 700 original articles, six books and contributions to 44 textbooks. He was awarded an OBE in 2009 for services to medicine.

Abstract

Preventing Coronary Heart Disease A Combined Approach

Heart disease is one of the commonest causes of death and disability in India. Furthermore, 25 per cent of patients are in the 25 - 50 year age group and more than 70 per cent of patients who suffer a fatal heart attack do not have classical risk factors. Current preventive strategies based on reducing risk factors and lifestyle changes provide only partial protection. There has been a major paradigm shift in our understanding of atherosclerosis responsible for 90 per cent of heart attacks. It is now accepted that atherosclerosis is a chronic inflammatory disease that results from chronic infection from bacteria/virus early in life, and intrinsic factors such as lipids, diabetes and autoimmune response against self-antigens, which eventually lead to the breakdown of the body's immune tolerance. This, for the first time, has provided unique opportunities to develop a vaccine against heart disease by selectively activating the protective immune responses and neutralising the infective element.

Published data supports the anti-inflammatory, immune-modulatory and even anticoagulant properties of Ayurvedic therapy. Our current on-going studies are designed to comprehensively analyse the spectrum of molecular changes that may occur across yet inter-related biological pathways in individuals undergoing Ayurvedic therapy. The findings of this study may provide the basis of a combined approach to develop new strategies to save millions of lives and also to bring a reduction of the cost in healthcare.

Woodson C. Merrell, MD



Woodson C. Merrell, MD, is the Director of Integrative Medicine at the 'Continuum Center for Health and Healing (CCHH)' in New York City. He is Assistant Clinical Professor of Medicine at his alma mater Columbia University College of Physicians and Surgeons and Visiting Assistant Professor of Family and Social Medicine at 'Albert Einstein College of Medicine'. Dr. Merrell has a private practice in integrative internal medicine in New York City and is an

attending Physician in the Departments of Medicine at St. Luke's-Roosevelt Hospital and Beth Israel Medical Centers. He has served as Chairman, Scientific Director, co-developer, presenter and on the advisory boards for many professional medical conferences. He is a frequent guest for all major media in the United States and has been a contributing author and editor to many consumer and professional books on integrative approaches to health and wellness.

Abstract

How Can Integrated Approaches Become More Effective

Integrative Medicine has taken different forms in different parts of the world. But there is a common core of understanding that modern healthcare needs to draw on the practices of conventional Western medical science along with wisdom traditions and newer complementary/alternative practices. The United States' experience in integration is illustrative of both the challenges and progress that is being made in improving healthcare with a more effective integrative approach. Dr. Merrell will explore this from his experience both as Founder and Director of America's largest and most comprehensive academic integrative medicine clinic, as well as his experience and knowledge of regional, national and international medical organizations and practices. Integral to this is the need to respect both the new expanding evidence base as well as the wisdom of experience; the latter recognized as the standard of practice in conventional medicine, but harder to get accepted in integrative medicine. Resistance has come from individual providers, oversight societies and academies, medical centres and medical schools. But support has also come from thought leaders in these same categories. The future of medicine is a fully integrated practice on both the individual and systems level. And the future is here now. We will explore how to ensure that the road to this superior approach to healthcare is both successful and smoother.

An Evening of Contemporary Dance 13th November 2013
Attakkalari Centre for Movement Arts



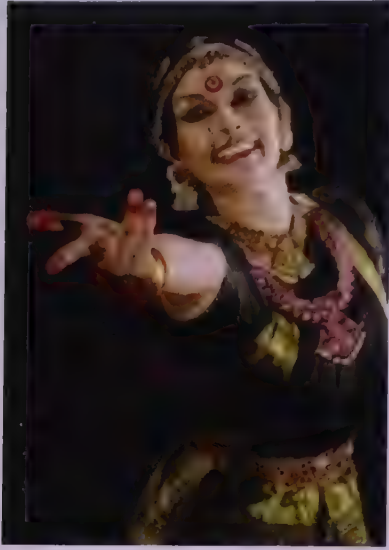
Attakkalari Centre for Movement Arts is India's premiere organization working in the field of contemporary movement arts. Its programmes include Education and Outreach, a Diploma in Movement Arts and Mixed Media, Research and Documentation, the Attakkalari India Biennial and the Repertory Company.

Attakkalari's internationally reputed company of professional dancers led by Artistic Director Jayachandran Palazhy has performed at some of the most prestigious international festivals including the Venice Biennale, the Bonn Biennial, Munich Festival of Contemporary Dance, Trafalgar Festival and many others. The repertory has just returned from successful performance tour to packed audiences at the Europalia Festival, Marseilles European Capital of Culture 2013 and Prague.

Attakkalari's unique movement language is informed and influenced by Indian physical and performance traditions particularly the classical dance form Bharatanatyam and Kalarippayattu martial art. The contemporary format of the dance is physically demanding, sensuous and moving.

For more details visit: www.attakkalari

An Evening of Classical Dance 15th November 2013



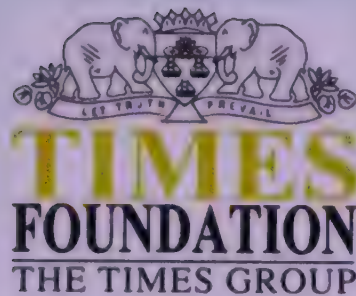
Dr. Mallika Sarabhai

Beginning with Kautuvams in Bharatyanatam, Dr. Mallika will offer her invocatory salutations to Ganesha, Murugan, Kali and Shiva, and then move on to a Varnam 'Vattamitta Pottazhakan.' Second half of her performance begins with Bhama Kalapam in Kuchipudi and the concert ends with figure dancing, a traditional repertoire of Kuchipudi of drawing pictures with foot work while dancing.

Musicians

K.Jayan	- Vocal
Maheshwari Nagarajan	- Vocal, Nattuvangam
P. Manikandhan	- Ghatam
T.Palanivelu	- Mridangam
P. Rajesh	- Flute

Mallika Sarabhai is one of India's leading choreographers and dancers, in constant demand as a soloist and with her own dance company, Darpana, creating and performing both classical and contemporary works. Daughter of famous classical dancer Mrinalini Sarabhai and renowned space scientist Vikram Sarabhai, Mallika is an accomplished Kuchipudi and Bharatanatyam dancer. She has a PhD in Organisational Behaviour and has been the co-director of the prestigious arts institution, Darpana Academy of Performing Arts, for over 30 years. An activist for education and women's empowerment, Mallika uses her work for change and has created numerous stage productions which have raised awareness, highlighted crucial issues and advocated change, several of which productions have toured internationally as well as throughout India. Mallika has won numerous awards and honours for her work.



The Times Foundation is the philanthropic arm of The Times of India group. The Times Foundation forges multi-stakeholder partnership and acts as a point of convergence for government agencies, NGOs, corporate sector, multilateral agencies and individuals for inclusive and equitable socio economic development. The Times Foundation provides the opportunity to come together and form a Federation for causes such as Education, Water, Environment, Health & Wellness, Child & Women Empowerment, Disaster Relief and Rehabilitation, Advocacy, Vocational training and Spiritual wellness making it possible for like-minded organisations to use their strengths together for a common goal.

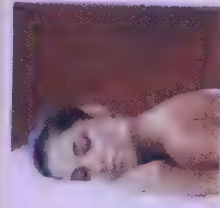
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- * Post herpes pain
- * Migraine
- * Multiple Sclerosis

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- * PCOD
- * Menstrual complaints
- * Menopause
- * Fibroid Uterus
- * Hormonal imbalance
- * Impotence
- * Prostate Enlargement

Skin

- * Acne
- * Pigmentation
- * Eczema
- * Psoriasis
- * Dry skin

Stomach Complaints

- * Acidity
- * IBS
- * Gastritis
- * Liver affections
- * Ulcerative Colitis
- * Piles
- * Fissures
- * Ameobiasis
- * Constipation

Orthopedic Conditions

- * Rheumatoid/Osteo Arthritis
- * Gout
- * Cervical/Lumbar Spondylosis
- * Osteoporosis
- * Slip disc
- * Pain relief
- * Fibromyalgia
- * RSI

General

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- * Anxiety
- * Weight loss/gain
- * Weakness
- * Depression
- * Insomnia
- * Addictions
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Department of Tourism

Karnataka State Tourism Development Corporation (KSTDC)

Karnataka is a land unparalleled in diversity; be it Heritage, Culture, Nature, Beaches or Wildlife. From being a state with Bangalore and Mysore as its popular destinations, today virtually the entire state is known for its tourist attractions.

Easy Access

Karnataka especially Bangalore is today well connected to most important Indian cities as well as a host of countries around the world. The state already has 6 functional airports and 4 more airports are in various stages of development. Moreover helipads are being set up at various District Headquarters in the state.

Heritage

Karnataka has been called the "Cradle of Stone Architecture". The magnificent World Heritage Sites at Hampi and Pattadakal, the exquisite temples at Belur, Halebeedu, and Somnathpur, Aihole, the cave temples of Badami, and the stately forts, domes, and minarets of Bijapur, Bidar, and Gulbarga resurrect the state's history and cultural affluence.

Wildlife

The State boasts some of the largest jungle tracts south of the Vindhyas. From the majestic evergreen forests of the Western Ghats to the scrub jungles of the plains, a wide variety of habitats teem with diverse flora and fauna, some of them endemic to the region.

Hill Stations

Take your pick from sandalwood forests, coffee plantations, waterfalls and trekking trails. Must Visits: Coorg, Chikmagalur, Kudremukh, Agumbe, Kemmanagundi, Kundari, Kodachadri, BR Hills, and Nandi Hills.

Beaches

Blessed by the blue waters of the Arabian Sea, Karnataka has a 320km long coastline dotted with pristine beaches. Must Visits: Gokarna, Karwar, Murudeshwara, Marawanthe, Malpe, Kaup, Mangalore, St. Mary's Island

The Golden Chariot

The Golden Chariot, South India's first and only luxury tourist train, is the perfect way to experience the richness of Karnataka's heritage. Transporting you in regal splendour, this mobile palace takes you on the journey of a lifetime, spanning Bangalore, Mysore, Srirangapatna, Belur, Halebeedu, Shravanabelagola, Hampi, Badami and Pattadakal.

For more information, please visit: www.karnatakaholidays.net



GMR Group is a Bangalore headquartered global infrastructure major with interests in Airports, Energy, Highways and Urban Infrastructure sectors. Founded in 1978, the Group is well diversified and professionally managed. GMR is expanding its operations globally and has formed a separate division - GMR International, to manage its overseas operations.

In the Airports sector, GMR Group operates India's busiest airport, the Indira Gandhi International Airport in New Delhi, where it has built a brand new integrated terminal T3, the biggest terminal in India and one of the largest in the world. The Group has also developed and commissioned the Rajiv Gandhi International Airport, a greenfield international airport at Hyderabad and has upgraded and is operating the Istanbul Sabiha Gökçen International Airport, Turkey.

The Group has 15 power generation assets of which 8 are operational and 7 are under various stages of development. The Group's Highway business has 8 road assets with 7 operational highways with a total length of 3136 lane km.

GMR Varalakshmi Foundation (GMRVF) is the Corporate Social Responsibility arm of the GMR Group. Its mandate is to develop social infrastructure and enhance quality of life of communities around the locations of the Group's presence, focusing broadly on education, health, hygiene, sanitation, empowerment, livelihood, and community development reaffirming its grass root presence as a change agent of society in the field of Corporate Social Responsibility.

GMR Group in its quest for growth has brought in the process of institutionalisation and has evolved a set of seven Values & Beliefs to define the GMR Group culture

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-Sonam Kapoor
in Prevention Magazine

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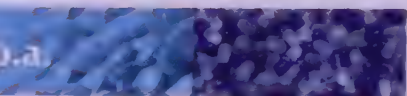
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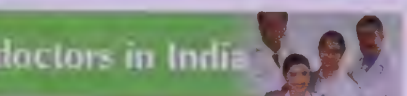
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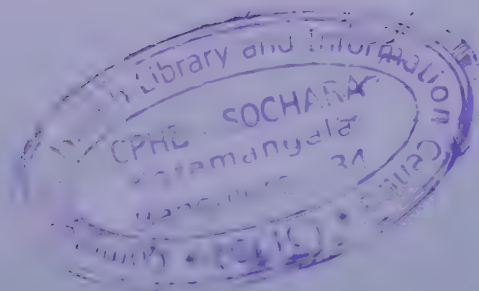
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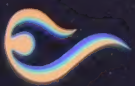
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Notes

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